WE CLAIM:

- 1. A composition comprising a) a microreticulated or microfibrillated microcrystalline cellulose, or powdered cellulose, b) an oil, c) a modified starch, and d) a synthetic, amorphous precipitated silica (silicon dioxide).
- 2. The composition of claim 1 wherein the weight ratio of cellulose to oil in the dry composition is from about 0.60-0.75:1.0.
- 3. The composition of claim 1 wherein the cellulose is microreticulated or microfibrillated microcrystalline or powdered.
- 4. The composition of claim 1 wherein the oil that is a liquid between about 10.degree. C. and 90.degree.
- 5. A process for preparing the composition of claim 1 comprising forming an intimate mixture consisting essentially of microreticulated or microfibrillated microcrystalline cellulose, or powdered cellulose and an oil by blending from 30 to 60 seconds.
- 6. The composition of claim 1 wherein the modified starch such as malto-dextrin has a low dextrose equivalent, of approximately 10 or lower.
- 7. The composition of claim 1 wherein the weight ratio of modified starch to intimate mixture of claim 5 in the dry composition is from about 0.20-0.25:1.7.
- 8. A process for preparing the composition of claim 1 comprising forming an intimate mixture consisting of the intimate mixture of claim 5 and a modified starch by blending from 30 to 60 seconds.
- 9. The composition of claim 1 wherein the silicon dioxide is a synthetic, amorphous precipitated silica such as Sipernat.
- 10. The composition of claim 1 wherein the weight ratio of silicon dioxide to the intimate mixture of claim 8 in the dry composition is from about 0.10-0.15:1.9.

- 11. A process for preparing the composition of claim 1 comprising forming an intimate mixture consisting of the intimate mixture of claim 8 and a silicon dioxide by blending from 30 to 60 seconds.
- 12. A process for preparing the composition of claim 1 comprising particle size milling of the intimate mixture of claim 11.